



*My baby knows  
the perfect time to  
be born*

*I trust the  
birthing process*



*My body opens  
my baby descends*

*I am staying in  
this moment  
with my baby*



*I have  
surrounded  
myself with  
positive support*






*Each sensation  
brings me closer  
to my baby*



*Breathe in  
Breathe out  
Soft and slow*





*I am prepared  
for the birth that  
my body and  
baby need*

The image features several stylized floral motifs. In the upper left, there are two circular flowers: a teal one with a white pattern and a larger green one with a white pattern. In the lower right, there are three circular flowers: a teal one with a white pattern, a green one with a white pattern, and a larger green one with a white pattern. The background is a light blue and white chevron pattern.

*I can do this*





*I am not afraid*





*My mind is calm  
My body is relaxed*